Less than 30 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 8 eggs, whisked
- ½ cup (60ml) milk
- 1 tsp (5ml) soy sauce
- Salt and milled pepper
- 3 paninis, sliced
- 4 tsp (20ml) canola oil
- 2 cloves garlic, sliced
- Fresh chopped parsley, for serving

GOOD IDEA

Add fresh chilli to the garlic panini pieces and a teaspoon of sesame oil to egg mixture.

Method:

- 1. Whisk egg, milk and soy sauce together. Season.
- 2. Divide mixture into four heat-proof bowls and cover with clingfilm.
- 3. Create a steamer with a pot of boiling water and a colander, or use a bamboo steamer.
- 4. Steam one or two bowls at a time, for about 8-9 minutes, until eggs are set on the sides but still wobbly in the centre.
- 5. Toast panini slices in a dry pan.
- 6. Break 2 panini slices into small pieces and set the rest aside for serving.
- 7. Heat oil in a pan and fry garlic and panini pieces until crisp.
- 8. Top egg bowls with crispy panini pieces and spoon over remaining oil.
- 9. Sprinkle with parsley and serve with the other panini slices.